

# Swim Test Procedure

## Before Entering the Pool

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At a camper's first swim period each week, a certified lifeguard will administer the following tests in order to allow a camper to enter the 4-foot and/or 5-foot section of the pool

- 3 Foot Section
  - No test is required but there will be a minimum of 1 staff in the pool with the campers other than the Lifeguard.
- 4 Foot Section
  - Camper must be able to swim the full length of the pool and back without touching the bottom of the pool.
  - Camper must be able to tread water for one minute without touching the bottom of the pool
- 5 Foot Section
  - Camper must be able to swim the full length of the pool and back without touching the bottom of the pool.
  - Camper must be able to tread water for 1 minute without touching the bottom of the pool
  - Camper must be able to orient and hold themselves up doing the backfloat for at least thirty seconds

Campers that complete the swim test will be logged into the Swimming Test Log book and given the appropriate wristband indicating which depth they are permitted into.

# Teamworks Pool Rules

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\*Please make sure campers apply sun block before going outside\*

- Everyone must take a shower before using the pool
- Keep the pool area clean. Dispose of any trash in the proper receptacles
- No food or drinks (besides water) are allowed in the pool area
- No spitting
- No running, pushing, wrestling, or horseplay
- No diving in the pool
- No unnecessary splashing
- No fighting with pool noodles
- No foul language or swearing
- Do not throw rocks in the pool
- Swim only in the area designated by the Lifeguard following the swim evaluations
- Do not hang on lane dividers
- Exit the pool promptly when instructed to by the counselors or Life Guard
- Please listen to counselors and lifeguards at all times

**1<sup>st</sup> offense-** Verbal Warning

**2<sup>nd</sup> offense-** 5 minute time out from pool and play

**3<sup>rd</sup> offense-** Camper loses pool privileges for the rest of that swim session

**4<sup>th</sup> offense-** Camper loses pool privileges for second session. If second session already happened, camper will lose 10 minutes of the following day

**5<sup>th</sup> offense-** Camper loses pool privileges

# Pool Maintenance and Chemical Report

Date:

Staff Initials (for each reading)				
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## Initial Observations

	Opening	11:00am	2:00pm	Closing
Water Level				
Water Clarity				
Debris in Pool				
Algae				
Water Temp				
Filter Pressure				

## Water Chemistry

	Opening	11:00am	2:00pm	Closing
Bath Load @ Reading				
Free Chlorine				
Total Chlorine				
PH				
Total Alkalinity				
Calcium Hardness				
Cyanuric Acid				

## Daily Maintenance

	Opening	11:00am	2:00pm	Closing
Empty Skim Baskets				
Empty Pump Baskets				
Skim Pool Surface				
Brush Pool Floor/Walls				
Filter Backwash				

## Chemicals Added (manually)

Chemical	Reason	Amount	Time

# Teamworks Acton Summer Camp Staff Policies and Procedures for the Pool

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## General Pool Information

- Our pool has three depths (3', 4', 5'). It is heated and divided into three sections separated by ropes.

## Preparing For Swim Time

- Someone MUST be in the bathroom while campers are changing.
- Anyone using the pool MUST use the shower before and AND after using the pool
  - Kids will be sweaty and this can affect the chlorine levels in the pool, counselors must make sure the campers are actually showered.
  - The pool is easier to keep clean if the campers are clean before they enter it.
- Make sure the campers put on sunblock before they go out to the pool area – all we can do is strongly suggest it.
  - Sunscreen must be provided by parents.
  - Teamworks staff may only assist campers in the application of spray sunscreen – No lotion sunscreen may be applied by staff.
  - If a camper has not supplied sunscreen, a parent must be contacted and give verbal approval for a Teamworks staff member to apply.
- Counselors must go over the pool rules before any campers enter the pool area.
  - This will make pool time more efficient as it is easier for the campers to pay attention without the pool in view to distract them.
- Counselors must be at assigned stations during pool use.
  - Stations are set up depending on the size of the group swimming and what sections of the pool they are utilizing. Please see diagram attached. Each section will have a maximum bather load in it, 3 foot = 10 swimmers, 4 foot =20 swimmers, 5 foot =20 swimmers.
  - Lifeguards will be stationed on either side of the pool in the lifeguard stands. One lifeguard will be on duty for every 25 swimmers or portion there of.
  - One counselor will be added to the group and remain in the pool or within arms length of the campers at all times in the 3 foot section, in addition to staying in the 5:1 ratio for the campers four to six years of age. Additionally one counselor shall be within arms reach of campers or in the 4-foot section and one counselor shall be within arms reach of campers or in the 5-foot section when there are swimmers in these areas of the pool. Swimmers in the 4 or 5-foot areas must be at least seven years of age or older and counselors will maintain a 10:1 ratio with these campers.
  - One station will be for campers that are not swimming and who are utilizing the tented area while remaining in ratio.
  - One station will be for campers that are not swimming and are utilizing Kate's Turf while remaining in ratio.
  - All other stations will be around the perimeter. Please see diagram.

# Teamworks Acton Pool Layout

